

## **KENAI PENINSULA COMMUNITY CARE CENTER**

### **WELLNESS POLICY**

#### **Students**

#### **STUDENT NUTRITION AND PHYSICAL ACTIVITY**

##### *Nutrition*

The residential homes will provide residents with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of the youth in care; will accommodate, as much as possible, the religious, ethnic, and cultural diversity of the youth in care. The Kenai Peninsula Community Care Center (KPCCC) will provide environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. KPCCC will provide clean, safe, and pleasant settings and adequate time for youth to eat.

KPCCC will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between nutrition education and healthy eating.

KPCCC will not withhold food or beverages as a punishment.

Food and beverages available at KPCCC must meet the following food and beverage nutrition standards. It is mandatory that after-school food service also follow the nutrition standards.

##### *Beverage Standards:*

Water will be available for youth at all times; plain or carbonated water that does not contain added sweeteners, vitamins, caffeine, or herbal supplements.

Juice or juice/water blends that are approved: 100% fruit or vegetable juice or juice/water blend, that do not add sweeteners, caffeine, or herbal supplements. Juice to be offered only during the after school snack program.

Only 1% and skim milk to be served to youth at KPCCC; flavored milk may contain no more than 67 grams of sugar total per 20 oz. (27 grams of sugar per 8 oz)

Lactose milk will only be served to youth who have a doctor's note saying that they are lactose intolerant/deficient.

Sport drinks, carbonated beverages diet or not are not allowed to be served to youth at time of food service. If youth earns the privilege to have a carbonated/sugary beverage, the youth may be allowed to have only one a day.

### *Food Standards:*

All foods available at KPCCC throughout the day shall be offered to youth with consideration for promoting youth health and reducing childhood obesity.

Foods and beverages provided through the National School lunch, School Breakfast, and after school snack programs shall comply with federal nutrition standards under the School Meals Initiative. All meals served in the residential homes at KPCCC are free to all youth and part of the National school meal program.

Fat: 30% or less of total calorie from fat (excluding fat that occurs naturally in nuts, seeds, eggs, legumes, fruits, vegetables, low-fat salad dressings, cheese, and butter.)

Saturated fat: 10% or less of total calories from saturated fat (excluding fat that occurs naturally in nuts, seeds, eggs, legumes, fruits, vegetables, low-fat salad dressings, cheese, and butter.)

Trans Fat: there should be 0 Trans fat per serving.

Sugar: No more than 35% total sugar by weight (including naturally occurring and added sugars.)

### Portion sizes (maximums):

One and one-quarter ounces for chips, crackers, popcorn, or jerky.

Two and one-half ounces for trail mix, nuts, seeds, or dried fruit.

Two ounces for cookies and cereal bars.

Three ounces for bakery items (example: pastries, doughnut, etc.)

Three fluid ounces for frozen dessert, including but not limited to ice cream

Eight ounces of non-frozen yogurt

## **PHUSICAL ACTIVITY**

### **Physical Activity Opportunities**

All youth at KPCCC will have opportunities, support and encouragement to be physically active, throughout the day; mainly after school.

All youth are encouraged to use the indoors gymnasium that is available to them at all times. When weather permitting, biking, walking, and hiking is highly encouraged.

Physical education is a high priority for all youth at KPCCC. Health education is part of youth's treatment; all youth are thoroughly educated to understand the benefits of eating a healthy diet and being physically active; and master the self management skills needed to stay active and healthy for a lifetime.